

A CLEAN STOMACH Makes a Well Man

(BY DR. L. W. SHORT.)



safe vegetable extract of the leaves of aloe, Mayapple, root of jalap, made into a tiny, sugar-coated pill, sold by almost every druggist, as Dr. Pierce's Pleasant Pellets, and first put up nearly fifty years ago. In vials, twenty-five cents.

Most people die eventually of an over-acid condition. If the blood can be rendered more alkaline, the longer we live. With regular hours, six to eight glasses of water between meals, sensible coarse food and a chance to get the poisons out of the system, a man will live to be a hundred. But, unfortunately, our highly nervous way of living brings increased storage of uric acid in the body. This acts as a poison, and consequently we suffer from headaches, neuralgia, lumbago, aches or pains, rheumatism, gout.

Get rid of this uric acid poison by taking a harmless medicine, called Anuric, which throws out the uric acid by stimulating the kidneys. Drink a pint of hot water before meals and take Anuric (double strength), after meals and at bed time. Anuric can be obtained at almost any drug store for sixty cents, or send a dime to Doctor Pierce, Invalids' Hotel, Buffalo, N. Y., for trial package.

BENNINGTON BRIEFS

News of the Town and Village Told Briefly for Busy Readers

Leave your order tonight at Estes market for early delivery Friday. Adv.

Mrs. Mae Maize of West Main street is confined to the house by illness.

Fresh oysters, shrimp, scallops, bull heads, smelt and lobster at Estes market. Adv.

Miss Flora Murphy of Bennington street is spending a week with friends in Troy and Cohasset.

"A Little Bit of Broadway in North Adams" Thursday evening at the Richmond Hotel. Adv.

The members of the Woman's Relief corps are requested to meet at the Red Cross rooms on Friday evening at 7:30 prepared to work.

"A Little Bit of Broadway in North Adams" special music and dancing with service a la carte, Thursday evening, Richmond Hotel. Adv.

The Red team of the Ladies' Aid society of the Baptist church will be entertained at the home of Mrs. George Bond on Elm street Friday at 2 p. m. All young women of the church are cordially invited.

Fred E. O'Brien, whose name appeared in the casualty list Wednesday among those who had died in the service in France, was a Bennington county registrant from Saratoga. He went to Fort Ethan Allen late in June, 1917, and enlisted. It is believed, with the first Vermont. He was 39 years old and had followed the occupation of a lumberjack.

MANCHESTER

Fannie Bond is substituting for Miss Lakin.

Gertrude Shaw has returned to Albany Business college.

Norman Maraden has returned to his duties at Norwich University.

Edward Bryant is spending a few days with friends in Troy and Albany.

Mrs. E. G. Cochrane has closed her summer home here and gone to Brooklyn.

Regular services in the Baptist church next Sunday morning and evening.

Miss Edna Way, who has been a guest of Mr. and Mrs. R. Burr Gleason has returned to Saratoga.

Gertrude McClure, who spent her Christmas vacation at her home, has returned to Albany Business college.

Lester H. Brown, who has been a guest of his parents, Rev. and Mrs. Joseph S. Brown, has returned to Middlebury college.

Heleen Lakin, a teacher in the Hoosier district has been called to Austin by the illness of her mother, Mrs. Jerome Lakin.

Dr. Cochrane of Brooklyn and Mr. and Mrs. McLean of Hoosier Falls were recent guests of their mother, Mrs. E. G. Cochrane.

Louise Wyman, who has been a guest of Dr. and Mrs. E. L. Wyman during the Christmas vacation, returned to New York city Saturday.

The many friends of Dr. L. J. Cahan are glad to see him about the streets again. The doctor went overseas in April and reached home Sunday night.

The house on Prospect street, Manchester was burned Sunday night. Some of the furniture was saved. Mr. Bell and family have moved to the John H. Watson place in the north part of the town.

Regular meeting of Skinner W. R. C. will be held with the corps president Friday at 11 o'clock. A picnic dinner will be served. Comrades of the Post are cordially invited. The officers elected will be installed. Members of the W. R. C. please notice the change in hour of meeting.

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HEADS RELIEF IN TURKEY

Dr. Barton, a Former Vermonter, to Have U. S. Aid.

Dr. James L. Barton of Boston, a native of Chittenden county, Vt., and a graduate of Middlebury College in the class of 1881, has been designated as chairman of a commission of seven Americans who are to sail for Turkey early this month. The other commissioners are Rabbi Stephen Wise of New York, Prof. E. C. Moore of Harvard University, Judge Victor Dowling of New York, Pres. John H. T. Main of Grinnell College, Dr. W. W. Peet of Washington and Harold A. Hatch of New York.

It is the plan of this commission to go directly to Constantinople after getting into touch with the Local Relief Committee there, proceed into the interior of the country about whose physical and economic condition little is known at present except that widespread distress prevails.

A body of 250 relief workers are to follow soon after upon a government transport loaded with medical and other necessary supplies and motor trucks with which these can be carried into the interior sections away from the railroads. The trucks will also be used to bring the more than one and a half million refugees back to their homes.

The entire country from Constantinople to the Caspian Sea and from the Caucasus mountains to Syria and the Mediterranean is territory approximately as large as the United States east of the Mississippi river. The sanitary conditions in the interior of Turkey are known to be horrible. The American committee for relief in the near east has decided to send with its relief expedition to Turkey, a medical commission under the direction of Dr. Geo. H. Washburn of Boston, Mass. Dr. Washburn, the son of Dr. George Washburn, for forty years the distinguished president of Robert College, Constantinople, was born in the United States Consulate at Constantinople, where he lived for sixteen years. He is familiar with the languages of the country, which he has frequently revisited. Dr. Washburn graduated from Amherst College in 1882 and took his medical course at Harvard Medical College and the Boston City Hospital. He is a well known surgeon and general practitioner and is eminently fitted for this important commission. It is expected that the medical unit will consist of at least ten physicians and ten nurses with a sanitary engineer and a bacteriologist. Reports from German sources indicate that over 2,500,000 people have died in that country from typhoid, typhus, dysentery and cholera since the war began.

Vermont is now being organized in the same general way as in the previous drives for the raising of funds for relief in the Near East, under the direction of the American Committee. The sum of \$20,000,000, which the committee is asking the nation to give, will only provide a maximum of 17c per day for relief, per individual.

for a period of six months, when it is hoped that some stable form of government may be provided to take over a large part of the responsibility for meeting the needs of that region.

Mother's Coughs and Colds Go Quickly

She cannot afford to be sick and neglect her household duties. At the first symptoms she prepares the way for quick recovery by the immediate use of Gray's or Syrup—a household preparation of sixty years standing.

GRAY'S SYRUP
RED SPRUCE GUM

Prepared by B. WATSON & CO., New York

DON'T BLAME THE AGENT

If you are a property owner holding fire insurance policies containing the clause known as the reduced rate or co-insurance clause and find, after a fire, that you are underinsured and that you must stand a portion of the loss instead of receiving your insurance in full, don't blame the agent who places your insurance, whoever he may be.

You are, or should be, in a better position to know the value of your property than any one else and you will find your agent ready and willing to insure you up to the proper amount.

This clause, as a rule, is not required in policies covering property located outside water works protection nor on dwelling property wherever located, but where it is required it is highly important to the owner of the property that the proper amount of insurance be carried.

Many people seem to have a rather vague understanding of the meaning and operation of the reduced rate clause and the following from an Insurance Journal, "The Standard," gives a very clear explanation of same.

There never was a time in the history of the country when it was so necessary for business men generally, and for bankers and others who are loaning money on mortgages particularly, to understand clearly the operation of the co-insurance clause, which is a part of nearly all fire insurance policies. The reason for this is the tremendous increase in the value of all building and raw materials, machinery, stock and general commodities since 1914. Roughly approximated and averaged it would seem that since the beginning of the war such increase in values has amounted to at least 100 per cent., and this fact has led the General Fire Extinguisher Co., of Providence, R. I., to make the following observations: "In some industries the advance is a great deal more than this and in only a few is it less. In addition, increased labor costs and the labor shortage are important factors in any consideration of building operations."

The effect of any such advance in values as noted above is readily apparent to anyone who will study closely the usual co-insurance clause which follows:

"This Company shall not be liable for a greater proportion of any loss or damage to property described herein than the sum hereby insured bears to—percentage of the actual cash value of said property at the time such loss shall happen."

The feature of this clause that puzzles so many business men is that the clause operates on the basis of the cash value at the time of the fire, not the value at the time the insurance was taken out.

Obviously this requires that the amount of insurance carried be increased in direct proportion to the increase in the value at risk. The business man with, for instance, the 80 per cent. clause in this policy, who does not so increase his insurance will find on any loss less than 80 per cent. of value that he cannot collect as much money now from the insurance companies as he could three years ago. Strangely enough, an increase in values results in case of fire in decreased insurance indemnity!

Business Men Object to Clause

A great many business men object to the co-insurance clause because they think that it means that the insurance company will pay only a certain percentage of any given loss. This is, of course, a mistaken idea. The clause has no effect whatever upon the adjustment of losses, if the clause is lived up to by the assured. It is only when the assured does not maintain the agreed amount of insurance in proportion to value that the clause is operative.

All business men should, if they have not already done so, ascertain accurately the present value of the property they wish to have insured, and then take steps to have their insurance amount to the agreed percentage (usually 80 per cent.) of such value. If this is done, the insured will be entitled to collect any losses he may have, just as if the clause was not attached to the policy.

The most usual co-insurance clause is based on the assured agreeing to carry 80 per cent. of the value of his property and the following example, worked out on the basis of varying increases in value and varying losses, illustrates the operation of the clause:

Example of 80 Per Cent. Co-insurance Clause

| | |
|---|----------|
| Value of building and contents | \$50,000 |
| Insurance carried | 40,000 |
| Loss by fire | 10,000 |
| Paid by insurance company | \$10,000 |
| Now | |
| Value of building and contents | \$75,000 |
| Assured should carry 80 Per Cent. of value, or | 60,000 |
| *Insurance carried | 45,000* |
| Loss by fire | 10,000 |
| Paid by insurance company—75 per cent. of loss or | \$7,500 |
| Assured must bear 25 per cent. of the loss, or | 2,500 |

*Insurance carried is only 75 per cent. of what assured should carry to comply with the requirements of the 80 per cent. clause.

Co-insurance Principle Fair

That the co-insurance principle is essentially a fair one is demonstrated by the following example of what might happen if some such clause were not in effect:

Jones and Brown are owners of adjacent buildings. Three years ago these buildings were worth \$50,000 each. At that time Jones and Brown insured their buildings for 80 per cent. of their value, or \$40,000 on each building. Each paid an annual insurance premium of \$400.

Look up the value of your insurable property, talk the matter over with your agent, and if underinsured lose no time in increasing your insurance to the proper amount.

I shall be pleased to take up the matter with any one needing further insurance and to place the amount needed to comply with the requirements of the clause in question.

CHARLES N. POWERS

Savings Bank Building

Bennington, Vt.

NOW OPEN

Christmas Thrift Club

First National Bank North Bennington, Vt.

Come in and join now—be one of the early birds
Five different classes, viz:

25c weekly | \$1.00 weekly
50c weekly | \$2.00 weekly
\$5.00 weekly

We pay interest at our regular rate on all club accounts where payments are kept up when due.

If you once get the habit you will keep it up. Most of our old club members renew each year, but we want to have a large number of NEW MEMBERS.

Parents, start your children in with a 25c a week club or more and it will teach them to save.

What Is Worth Owning Is Worth Insuring

WAR PRICES MAKE REPAIRS
AND REPLACEMENTS MORE
COSTLY IN CASE OF FIRE

Consult

Harrison I. Norton
For Absolutely Reliable Insurance

Good Fabrics are "Good Business"

Here's one thing you mustn't lose sight of if you want clothes that last and save

Good Fabrics! Perfect Fit! Expert Needle Work! That is what you are guaranteed when you buy from "English-American Tailoring" Line.

Every purchaser will receive a trouser press free. This press will help you economize in clothes. Get one!

Also Penobscot Custom Shirts The "guaranteed" Custom Shirt
Ladies and Gents—Fine Custom Tailor

C W. Petersen

435 Main Street Hawks Block
Keep Bennington's Record Clean Buy W. S. S.

HAVE YOU A BAD BACK

If you have, the Statement of this Bennington Resident Will Interest You.

Does your back ache, night and day?

Hinder work; destroy your rest? Does it stab you through and through?

When you stoop or lift or bend? Then your kidneys may be weak. Often backache is the clue.

Just to give you further proof. The kidney action may be wrong. If attention is not paid.

More distress will soon appear. Headaches, dizzy spells and nerves. Uric acid and its ills.

Make the burden worse and worse. Liniments and plasters can't reach the inward cause at all.

Help the kidneys—use the pills Bennington folks have tried and proved.

What they say you can believe. Read this Bennington woman's account.

See her, ask her, if you doubt.

Mrs. C. H. Robson, 225 Depot St., says: "I have used Doan's Kidney Pills for the past four or five years whenever I have suffered from kidney complaint. At times my back becomes sore and lame, and it is difficult for me to stoop over or bend. When those attacks come on, I use Doan's Kidney Pills and they always relieve me."

Price five cents at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Robson had. Foster-Milburn Co., Mfgs., Buffalo, N. Y.